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NEWS
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SHARING.

'Justice for the victim, as well'

Jennifer Teague's family still advocating for better victims' services nine years on **PAGE 3**

Comic-Con light on the drama

No big casting revelations at one of the year's biggest comic-book conventions **PAGE 8**

WHO LOVES THE SUN?

NOT EVERYONE ... BUT YOU CAN CHANGE SOME MINDS WITH THESE SUN-DRIED TOMATO BURGERS **PAGE 11**



NO HAIR BANDS

LIVE
88.5fm

Toronto mayoral candidate Morgan Baskin, 19, speaks at Ottawa City Hall on Sunday about women's underrepresentation in politics. SEAN MCKIBBON/METRO

The Harper Awards, brought to you by Harper

Why was a feminist icon's namesake award replaced by the Prime Minister's Volunteer Award? **PAGE 5**

Ain't no cure for the summertime fiscal blues

Four financial boo-hoos for the month of July **PAGE 6**

Despite truce pledges, attacks go on

Israel, Hamas blame each other for scuttling ceasefire efforts **PAGE 4**

'Be heard and make a positive difference'

Heads Up. Plotting a path for young women in politics



SEAN MCKIBBON
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There's no blueprint for being a teen in politics, let alone being a 19-year-old woman running to be mayor of Toronto. But Morgan Baskin has set out to change that.

"Youth were underrepre-

sented, we were simply patronized with tokenism. I want to make the voices of young people heard," she said Sunday to a gathering of participants and supporters of Head Start.

The program gathered 18 young women aged 16 to 24 in Ottawa, asking them to identify barriers to women entering politics and brainstorm possible solutions.

With more examples like Baskin — a 19-year-old political wunderkind aiming to unseat Toronto Mayor Rob Ford

— there just might be more women in politics, say Head Start participants.

"I think introducing more female politicians to the classes and showing how they got into politics and the difference that they are making (would help)," said Aiman Baig, 18, one of the participants. She said high-school civics classes are too boring, don't give youth relatable role models and don't provide a clear how-to guide to get into politics.

Despite forming slightly more than 50 per cent of the

population, women are underrepresented in politics, particularly in local government. In Ottawa, only six of the 23 ward seats are held by women.

Socialization outside school also coaches girls to expect men in leadership roles, said Elaine Larsen, a co-ordinator for the local Head Start chapter (there are other chapters in London, Ont., Gatineau, British Columbia, New Brunswick and Newfoundland). The local chapter was sponsored by Kanata North councillor Marianne Wilkinson.

"We had one Grade 9 student ask us if it was legal for a woman to be prime minister," said Larsen.

To combat that socialization, and improve civics instruction, the Ottawa Head Start chapter developed a handbook for teachers and other youth mentors to incorporate into classes and youth activities.

Larsen said the Ottawa Carleton District School Board has agreed to incorporate the guide into its learning materials.

Top of the ladder seem miles away?

Economist's tips on how to get to the top of that corporate ladder, without bumping heads **PAGE 13**



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Deadly collision

Two dead, two critically injured in Kanata crash

A fatal car collision in Kanata left two people dead on Sunday afternoon.

Ottawa police responded to reports of a two-car collision at the intersection of Carling Avenue and March Road at around 1:10 p.m.

Four people were involved in the accident and needed to be extricated from the vehicles. Two men were pronounced dead at the scene. Two other men were taken to hospital — one by ambulance, the other airlifted.

LUCY SCHOLEY/METRO

Case of animal abuse?

Ottawa family's dog survives snout shooting

An Ottawa man says his family's dog is recovering



CONTRIBUTED

after taking a bullet to the face, close to a campsite near Calabogie.

Wiser, a Beagle-mix, came limping back to the site on Norway Lake last week, choking on his blood and with his fur covered in red, according to Rick Cadham, whose aunt owns the mutt.

At first, the family thought the two tiny holes on Wiser's snout were battle wounds from an animal attack. Cadham said he is baffled that someone would shoot the kind dog — and likely on or near his grandmother's 23-acre property.

LUCY SCHOLEY/METRO



Ed and Sylvie Teague, father and stepmother of murdered teen Jennifer Teague, pictured in phone, are writing a book about her death and how they coped with the tragedy. LUCY SCHOLEY/METRO

Murdered teen's family urges justice for victims

'Healing process' Jennifer Teague's stepmother working on a proposed bill of victims' rights



LUCY SCHOLEY
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Almost nine years after Jennifer Teague's murder, her family is advocating for better victims' services and writing a book to help others going through similar experiences.

Sylvie and Ed Teague, Jennifer's father and stepmother, have been travelling to churches around North America and meeting with people who they say are often

forgotten in the aftermath of a tragedy.

"Everybody remembers the murder," said Ed. "They forget about who the victim was. There should be justice for the victim, as well."

Jennifer, whom the Teagues describe as a sporty, happy 18-year-old, went missing after working a late-night Wendy's shift in 2005. An off-duty cop discovered her body on a trail off Moodie Drive on Sept. 18, 2005 — 11 days after she disappeared.

Kevin Davis, of Barrhaven, later pleaded guilty to first-degree murder and was sentenced to life in prison.

The Teagues said they were fortunate to receive counselling, up-to-date information from police officers working the case and preparation be-

fore the trial. But not everybody across the country gets the same benefits, said Sylvie, who's working on a proposed bill of victims' rights to resolve those inconsistencies.

"They can feel like they're being cheated by justice when they're not involved in what's going on, because it is their life," she said.

"It's their child. It's their husband, their wife, their loved one. So they want to be part of that process. They want to be kept informed."

Through their group Victims of Violence, a charity that provides support to victims of violent crime and their families, Ed and Sylvie have been advocating for victims' rights, including the elimination of the "faint hope clause."

The former bill allowed

murderers to seek early parole after 15 years in prison. That was repealed in 2011.

In the faith-based book they are writing about Jennifer's case, the Teagues also encourage forgiveness and hope during a time when neither seems possible.

"There's a healing process that has to take place," said Sylvie.

"The biggest part of that is the forgiveness."

And they said they have had a large support network — from friends, families and strangers around the world — praying for them.

"(Victims) just want people to understand that one day, you, too, could be a victim," Ed said.

"And then you're going to go through the same thing."

Fire destroys Canadian Blood Services vehicle

A fire at a garage on Colonnade Road South has destroyed the Canadian Blood Service's Bloodmobile and a cargo van, putting an end to the group's mobile donation clinics.

Pamela Mullins, the service's director of donor relations said the fire won't interfere with the group's ability to supply blood to medical facilities, but said it will mean that

people who had appointments to give blood through the mobile clinic will now have to be rescheduled to donate at other clinics.

Damage is estimated at more than \$1 million, including the garage and the two vehicles.

There were no reported injuries.

SEAN MCKIBBON/METRO



Damage seen on the Canadian Blood Service's mobile clinic.

SCOTT STILLBORN/OTTAWA FIRE SERVICES

Caution. Fire officials warn residents to be careful with cigarettes

The Ottawa fire department is warning people to be careful when discarding cigarettes after three fires broke out in the city this week.

Firefighters say a cigarette caused an evening fire Thursday at a two-storey end unit at 109 Abaca Way. A tenant in one of the units discarded a cigarette in a planter out on the back

deck. Firefighters discovered the deck was heavily charred and the planter had melted. Flames had spread up the back wall, severely damaging two units and causing minor damage to two others. The blaze caused about \$500,000 worth of damage to buildings and \$200,000 to contents.

LUCY SCHOLEY/METRO

Israel, Hamas exchange fire during temporary truce time

Gaza crisis. Each side blaming the other for scuttling ceasefire efforts ahead of Muslim holiday marking end of Ramadan

Israel and Hamas launched new attacks Sunday in the raging Gaza war, despite each side offering different truces to temporarily halt nearly three weeks of fighting ahead of a major Muslim holiday.

After initially rejecting an Israeli offer Saturday for a 24-hour truce, Hamas said Sunday it agreed to hold fire ahead of the Eid al-Fitr holiday marking the end of the Muslim fasting month of Ramadan. But as Israel's Cabinet met to discuss the offer and the ongoing war, rockets rained down on southern Israel and Israeli strikes could



A Palestinian doctor treats three-day-old Shaymaa al-Sheikh Ali at Nasser Hospital in the Gaza Strip Sunday. The baby's mother, who was killed by shrapnel from an airstrike, posthumously gave birth by C-section. EYAD BABA/THE ASSOCIATED PRESS

be heard in Gaza.

Each side blamed the other for scuttling the efforts.

Hamas said that "due to the lack of commitment" by Israel, it resumed its fire. Israeli Prime Minister Ben-

jamin Netanyahu said that Hamas showed it could not be trusted after it violated other ceasefire efforts.

"Israel is not obliged and is not going to let a terrorist organization decide when it's convenient to fire at our



Warrant Officer Rami Cahlon's brother cries over his grave during a funeral in Hadera, Israel, Sunday. Cahlon was injured during fighting in Gaza and died four days later. ODED BALILTY/THE ASSOCIATED PRESS

cities, at our people, and when it's not," Netanyahu told Fox News Sunday.

The Palestinian death toll was revised Sunday and an earlier figure dropped by 30 deaths, Gaza health official Ashraf al-Kidra said.

Each side remains far apart on terms for a final ceasefire. Hamas has demanded that a crippling blockade of Gaza be lifted and Israel has asked that Gaza be demilitarized.

THE ASSOCIATED PRESS

Prisons

High-risk inmates to test electronic monitoring device

High-risk offenders in Ontario and Quebec are among inmates slated to take part in a federal prison service pilot project to test the effectiveness of electronic monitoring devices.

Research data will be collected for at least two years before a decision is taken on further use of the devices, to be worn by offenders completing sentences in the community.

Only medium- or high-risk male offenders out on statutory release or subject to a long-term supervision order will be eligible to take part in the pilot, says a September 2013 Correctional Service memo to regional deputy commissioners.

The Ontario and Quebec regions were selected because they have the largest number of high-risk offenders with special conditions imposed on their release, adds the memo.

THE CANADIAN PRESS

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Michele Nadeau, president of the Thérèse Casgrain Foundation, holds a replica of a stamp depicting her grandmother Thérèse Casgrain in Montreal, Friday, July 25. GRAHAM HUGHES/THE CANADIAN PRESS

Government erases award honouring feminist icon

Thérèse Casgrain. She became the first female leader of a political party in Canada

The Harper government has spent millions to commemorate the War of 1812 and other episodes from Canadian history, but has also erased at least one inspiring piece of the past.

Thérèse Casgrain, a feminist icon and Quebec heroine who died in 1981, has been quietly removed from a national honour, to be replaced by a volunteer award bearing the prime minister's banner.

The Thérèse Casgrain Volunteer Award was started in 1982 by the Liberal government of Pierre Trudeau.

It honoured Canadian activists such as June Callwood until it was eliminated — unannounced — by the Harper government in 2010.

An image of Casgrain and her namesake volunteer-award medal also disappeared from Canada's \$50 bank note in 2012, replaced by the image of an icebreaker on a new currency series.

An image of the so-called Famous Five women was removed from the same bank note.

"It was a very difficult thing for the family to see the award

disappear all of a sudden," Michele Nadeau, Casgrain's granddaughter, said in an interview. "It was a great disappointment."

Human Resources and Skills Development Canada, which had administered the Casgrain award, was instructed in 2010 to create a Prime Minister's Volunteer Award in its place, to be handed out in a ceremony each year presided over by Stephen Harper.

Casgrain fought for the right of Quebec women to vote, which they finally won in 1940. She also became the first female leader of a political party in Canada, heading the CCF in Quebec, and was appointed to the Senate in 1970 by Trudeau.

Pierre Nolet, a spokesman for Employment and Social Development Canada, says discussions took place with the Casgrain Foundation and it was decided that Human Resources and Skills Development Canada end the program.

Nadeau, however, says her family and the Montreal-based Thérèse Casgrain Foundation, which she heads, were not consulted.

The Casgrain Award was killed once before by the Progressive Conservative government of Brian Mulroney in 1990, but was revived in 2001 by the Chrétien Liberals.

THE CANADIAN PRESS

Cable snaps

Two hurt on Ohio amusement ride

An Ohio amusement park ride that swings riders up to 125 feet in the air has been closed indefinitely after a cable snapped, injuring two visitors.

Cedar Point spokesman Bryan Edwards says a cable on the Skyhawk ride disconnected at about 10 p.m. Saturday. One guest went to a

hospital for evaluation, while the other was treated at the scene.

It wasn't clear whether the two guests had been riding Skyhawk when they were injured or whether they were on the ground. Skyhawk has two giant arms that swing riders at speeds of up to 60 mph.

Edwards says Skyhawk will remain closed until an investigation into the cause of the accident is completed.

THE ASSOCIATED PRESS

Times Square

'Spider-Man' arrested for slugging cop

A man dressed as Spider-Man was arrested on charges he slugged a police officer who told him to stop harassing tourists in Times Square.

Junior Bishop, 25, of Brooklyn, was charged with assaulting an officer, resisting arrest and criminal mischief.

The New York Police Department said the officer assaulted Saturday — one of about 50 officers patrolling the bustling tourist area — stepped in after Bishop demanded at least \$5 from a woman he posed for a picture with, instead of the \$1 tip she offered.

Police said a costumed Bishop "put out his hand and told the woman 5s, 10s or 20s only." Police said the officer told him he could only accept tips. THE ASSOCIATED PRESS

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Singin' the (financial) summertime blues



HOW
TO ROLL
Alison Griffiths
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Oh those summertime blues! There's something about being halfway through the sunny season that makes us sag. All those warm-weather projects you dreamed up in rainy April are on the shelf. Here are four financial boo-hoos for July.

1. Employment

The jobless rate hit 7.1 per cent, putting us on par with the United States. However, our neighbours to the south saw a year-over-year decline of 1.4 per cent in the unemployment rate.

Worse, the student unemployment rate is 12 per cent, unhealthily high for all those hoping to finish post-secondary studies without a mammoth student debt.

Even worse, youth unemployment (for those under

Just the stats

\$36

A basic, light-use cellphone plan cost \$31 in 2013 in Canada. Today's cost: \$36 (not including taxes, access fees, etc.).
Source: The Wall Report

25 and not in school) is stuck at 13.4 per cent. That's bad news for parents hoping to use their basements for something other than storing their jobless offspring.

2. The economy

Growing at a snail's pace, in short. On an annualized basis, growth as defined by GDP (gross domestic product) in July was a meagre two per cent. For the likes of you and me, that means continued high unemployment, particularly among the under-35 crowd. But as the economy slumps, prices do not. Inflation topped 2.4 per cent in July, again on an annualized

basis. How unfair!

3. Interest rates

While some will cheer four years and counting with the prime rate firmly rooted at a historically low three per cent, I will play the Gloomy Gus. Ultra-low rates are actually keeping first-time buyers out of the market as real-estate prices nationally keep rising in most major markets.

Also, low rates are a killer for seniors and fixed-income investors. Desperate for income, many are turning to stocks and equity mutual funds to boost their returns. This is a terrible idea because such investments are far riskier.

4. Cellphone hit

Yay! Cellphone contracts are now capped at two years. Boo! In response, the wireless cabal is increasing basic rates. I call that giving with one hand and taking with the other.



'Dumpcano,' and the budget fight to quench it, rages on

A stubborn dump fire smoulders away in Iqaluit, Nunavut, in this aerial view taken by fire officials on May 23. Although no flames are visible, the fire began May 20 and has been smouldering ever since. Government officials are to meet this week to consider a plan for putting out the fire that has been fouling the air in Nunavut's capital for more than two months. The city of Iqaluit just doesn't have the \$2.2 million it would take to quench the blaze and its nostril-searing smoke, said fire chief Luc Grandmaison. "We're asking them (the territory) to help us with resources." The fire has been dubbed the "dumpcano" — a term Grandmaison regrets having coined, because he feels it belittles the seriousness of the situation.

IQALUIT FIRE DEPARTMENT/
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BRIDGING OTTAWA'S GAPS, ONE BY ONE

Overbrook, meet Sandy Hill. Sandy Hill, Overbrook. The actual introduction of these neighbourhoods on opposite banks of the Rideau River won't happen until the scheduled completion of a new pedestrian and cycling bridge between them in 2016, but politicians were out last week with their immaculate shovels and hardhats to announce commencement of activity with dirtier, more serious equipment.

Whether by the Rideau River or the Ottawa, the canal or our multi-lane rivers of asphalt, the city is in many places cut into islands, and the gaps can be particularly hostile to anyone trying to navigate between them on foot or bicycle.

The joining of Somerset and Donald will not only break down another of these barriers, it'll help us get more bang for the buck (\$7M) from the Corktown Bridge spanning the Rideau Canal. Overbrook, meet Chinatown, Little Italy, Hintonburg. The new bridge will certainly be a more inviting choice for those travelling on their



URBAN COMPASS
Steve Collins

ottawa@metronews.ca

own steam than the car-clogged Cummings Bridge, and will offer countless easier cross-town trips for its \$9.2 million price tag. That figure, of course, presumes none of the engineering, administrative and legal misadventures that have put the Airport Parkway pedestrian bridge \$4.7 million over its original \$6.5-million budget and over three years behind schedule. (Hunt Club, meet South Keys, eventually.) That ill-starred project, we're told, is back on track. When it's finally completed and all lawsuits resolved, maybe we could affix a plaque with a quotation from the U.S. writer Phyllis Theroux: "Mistakes are the usual bridge between inexperience and wisdom."

Even counting those wild overruns, these bridges have relatively small-ball budgets, compared to what they offer cyclists and walkers. A pricier pedestrian bridge linking Fifth Avenue and Clegg is estimated at \$15 to \$30 million, and the new Strandherd-Armstrong Bridge cost \$48 million. Now that this last is finally open (Bar-

haven, meet Riverside South) we have the luxury of one of those Ottawa controversies over what to name it. Local branches of the Legion were first off the mark, suggesting it honour the battle of Vimy Ridge, though the Canadian War Museum already sits quite prominently at 1 Vimy Place. Others will no doubt propose alternate namesakes. (We haven't yet heard from our local cult of Sir John A. Macdonald, for example.) I'll confess to some indifference on names. Whatever you call the bridge, it's working, plugging a hole in the getting-from-A-to-B daily lives of residents on both sides of the Rideau.

Our great divide remains the Ottawa River. The NCC's latest proposals for a new interprovincial bridge at Kettle Island ran smack into traditional opposition on the Ontario side, and currently looks to be going nowhere once again. The city's own ambitious phase-two light rail expansion to the south, west and east does not dare look north across the river. Meanwhile, OC Transpo buses carry about 5,000 people an hour across to Gatineau during the morning rush, as STO brings about 2,000 back this way, amid all the private automobiles trying to navigate the daily bottleneck. Some gaps are more easily bridged than others.

LOOKS PEATY FUN



Stephen McDonagh takes part in the Irish Bog Snorkelling championship at Peatlands Park Sunday in Dungannon, Northern Ireland. The annual event sees male and female competitors swim the 60-metre length of the bog watched by scores of spectators and takes place on International Bog Day.

ALL PHOTOS CHARLES MCQUILLAN/GETTY IMAGES

Get bogged down in the facts

In bog snorkelling, competitors complete two consecutive lengths of a water-filled trench, cut through a peat bog, in the shortest time possible. Competitors must wear snorkels and flippers, and complete the course without using conventional swimming strokes, relying on flipper power alone.

- The activity started in 1976 near Llanwrtyd Wells, Wales, U.K.

- It began as a result of an over-the-bar conversation in a bar between a few regulars.

- The World Bog Snorkelling Championship, first held in 1985, takes place annually every August Bank Holiday at the dense Waen Rhydd peat bog, near Llanwrtyd Wells in mid Wales.

SOURCE: WIKIPEDIA

For the win

1 min 23.13 seconds

The current world record holder in bog snorkelling, Dineka Maguire, set a time of 1 minute 23.13 seconds, at a speed of 4.75 kilometres an hour.

METRO AUGMENTED REALITY

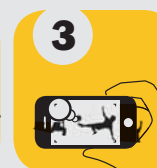
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MetroTube

If this ain't puppy love, it doesn't exist



ANDREW FIFIELD
andrew.fifield@metronews.ca

Aside from rare talents such as Grumpy Cat or Maru, most of our pets don't really contribute much to the household aside from good looks, amusing antics and maximum love.

But that's cool, pets. We know the arrangement. You can't all be Grumpy Cat.

But you can be more like Casey the Schnauzer here, who loses her damned mind when owner Rebecca Ehalt returns home after a two-year absence. Actually, she sort of loses her body, as well. (Rebecca Ehalt/YouTube)



METRO PHOTO ILLUSTRATION



Analysis

What you missed at Comic-Con



Wonder Woman CONTRIBUTED

1. The big surprise? No surprises.

This was the apparently the year of studios keeping things to themselves. No big casting revelations like Doctor Strange or Captain Marvel, no new comic book movie release dates announced. Marvel, DC and their respective studios showed the fans a good time, sure, but not necessarily their money's worth.

2. Wonder Woman

While it wasn't really a surprise, it was nice of Zack Snyder to unveil the first image of Gal Gidot as Wonder Woman in the upcoming Batman v. Superman: Dawn of Justice. And of course that immediately led to hours of debate online about whether the costume was the best thing ever or the worst thing ever.

3. Bring on Last of Us

OK, here's some big news: One of the most ambitious and most successful video games in recent years, the dystopian Last of Us, is making the jump to the big screen thanks to director Sam Raimi (Spider-Man, Drag Me to Hell).

4. TV takes over

This Comic-Con was pretty lacklustre as far as film was concerned compared to previous years, but the current Golden Age of Television — and legions of fans — made up for it, with packed houses for the likes of Game of Thrones, the Walking Dead and Hannibal. Who needs to go to the multiplex, anyway?

5. The Walking Dead BBQ of questionable taste

As far as promotional events go, inviting fans to a barbecue on a replica set from your hit series is a great idea — except when, like with the new season of The Walking Dead, the setting in question is rumoured to be run by cannibals. It left a bad taste in my mouth. NED EHRBAR/MWN

Welcome to the best day party at Comic-Con

Wired Café. Metro sits down with Wired's publisher to learn what happens behind that velvet rope



NED EHRBAR
Metro World News in Hollywood

For six years running, Wired magazine has been giving media and entertainment professionals a respite from the insanity of Comic-Con with the Wired Café, an all-day lounge just removed enough from the Convention Center and packed with food, drink and gadgets galore. And in that time it's become one of the hotter tickets in town. We talked to Wired Publisher Howard Mittman about keeping the Café fresh.

Establishing yourself at Comic-Con

"We really thought long and hard about how to package and position ourselves here and whether or not we felt like we had the permission with our brand to be here and what we can contribute," Mittman says of the early days. "So noticing that everyone else was shouting over themselves at night, creating something of value and importance during the day to court those people who are all getting the exact same invitations after dark was a really nice way for us to stand out."

Giving the people what they want

"For us, the Wired Café has been an oasis in the middle of



Actor Pedro Pascal who plays Oberyn Martell on Game of Thrones, attends the WIRED Café at Comic Con in San Diego last week. GETTY IMAGES

Comic-Con for what I like to say is the Five Percenters — the five per cent of people here who aren't just fans but are the industry that propagates this, be it Hollywood or bloggers," he says. "I think a part of this experience is bringing just enough of what happens out-

side of our four walls in without allowing too much. I think also the level of exclusivity that it brings — intentionally putting a velvet rope up around it and making it so that it is some place where only those whom we've invited can come in — keeps it special and keeps

AUGMENTED REALITY

→ It was a dark season on Game of Thrones, but that didn't prevent the cast from flubbing some of their lines. Scan this photo with your Metro News app to see some season 4 bloopers!



→ See the full instructions on Metro's Voices page.

it something that has a bit of a gravitas above the traditional event here."

Establishing a reputation

"What we have seen over the last handful of years is that obviously as it gains in notoriety and gains in exposure and popularity, like anything it becomes easier to push out," Mittman says. "We've seen a huge shift, frankly, in the way that celebrities and more specifically their management teams and P.R. representatives are seeking us out to make sure they are on the list to be here, and that's a really nice change from six years ago when we launched it and we were trying to lure people."

Dealing with imitators

"Look, we didn't invent the party, right? We weren't the first people to throw a party during the day, but I think we were the first brand that has the ability to combine the sort of power and access of Hollywood and entertainment with the thought-leading ..."

Preview. Video game fans get movie trailer treat

The first trailer for Hitman: Agent 47 was unloaded at Comic-Con. Footage from the video game adaption starring Homeland co-star Rupert Friend as a genetically engineered assassin debuted Friday at the pop-culture convention. Friend wasn't present to show off the trailer because he's shooting the next season of Homeland in South Africa, but his Agent 47 co-stars Hannah Ware and Zachary Quinto were on hand for the San Diego unveiling.

THE ASSOCIATED PRESS



Zachary Quinto.
GETTY IMAGES

Announcement

Comics get TV treatment this year

Four DC comics brought to life for television took over the San Diego Convention Center's 6,500 seat Hall H at Comic-Con on Saturday night.

Gotham premieres on FOX on Sept. 22, The Flash debuts Oct. 7 on The CW, Arrow returns to The CW on Oct. 8 and Constantine comes to NBC on Oct. 24.

THE ASSOCIATED PRESS

Missing out

Marvel's main man misses Comic-Con

Stan Lee was missing in action at Comic-Con. A spokesman for the 91-year-old co-creator of superheroes such as The Avengers, X-Men and Spider-Man says Lee lost his voice because of laryngitis. The former Marvel Comics editor-in-chief has been a constant presence at San Diego Comic-Con since the convention launched in the 1970s. THE ASSOCIATED PRESS



Kristen Stewart ALL PHOTOS GETTY IMAGES

Director finalizes split from wife after Stewart affair

Two years after Rupert Sanders' affair with his Snow White and the Huntsman star, Kristen Stewart, the British director's marriage to model Liberty Ross is over. The pair finalized their divorce last week, citing irreconcilable differences, according to TMZ. Court docu-

ments show that Ross gets the couple's house in Los Angeles, two of their London homes, 15 per cent of any profits from any of Sanders' movies, half of all their liquid assets, \$300,000 a year in spousal support and joint custody of their children, Skyla, 10, and Tennyson, 8.



Charlize Theron

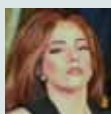
Theron's new gold ring hints at Penn engagement

Charlize Theron fuelled speculation that her whirlwind romance with Sean Penn will soon become legitimate when she stepped out wearing a telltale ring on her ring finger. Theron flashed the sparkling piece

of jewelry while passing through LAX airport recently, and E! News has identified it as an 18-karat yellow gold Anita Ko Leaf Ring that retails for \$4,900.



Twitter



@ladygaga

All I want is vintage designer and frenchies. Is there a place I can go for help? A hospital perhaps?



@MarlonWayans

I don't regret ... I just rejoice.



@mindykaling

I should be a detective, I always find out about everything.

The Word

Pink puppy pic ends rumours of Miley's death



STARGAZING
Malene Arpe
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Fans feared that Miley Cyrus had died after she failed to post anything on social media for three whole days. Fortunately, she finally resurfaced and posted a picture of a pink puppy wearing a hat made of feathers, eating a bag of weed while sticking its tongue out at old people.

This week in couples who are probably only in it for the publicity. 1) Ian Somerhalder and Nikki Reed are photographed canoodling at a farmers' market. 2) Sofia Vergara and Joe Manganiello are photographed strolling hand-in-hand. 3) Zac Efron is seen leaving Michelle Rodriguez's house in the morning with an overnight bag and a skateboard. 4) Wait. What did they use

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



as, "I was kidnapped by a duo of utterly incompetent female criminals and forced to dance for pennies in an unpopulated area."

Brad Pitt and Angelina Jolie's first film together since Mr. & Mrs. Smith will be called By The Sea. It's the tale of a fisherman and his wife who are so hot and into each other that they forget to fish and die of hunger.

Things we don't want to hear any more about. 1) The super-creepy Trivago guy. 2) Sandra Bullock starring in a biopic about Brownie Wise, the creator of the Tupperware party. 3) Adam Levine's wedding. 4) Prince George and that stupid butterfly. 5) How Beatle George Harrison's memorial Los Angeles tree was eaten by ... wait for it ... beetles.

the skateboard for? We may have to re-categorize the relationship as "possibly real."

Brody Jenner says he didn't go to step-sister Kim Kardashian's wedding because he doesn't know Kanye West "at all." As excuses go, it's somewhat better than, "I accidentally got stuck in a lot of rhubarb," but not as good

Mushrooms are good, chemicals are bad

Susan Sarandon probably has more fun at Burning Man than you do on your average weekend. The star got candid about her feelings on drug use during an interview with the Daily Beast: "I'm not new to the idea of mushrooms," she admits. "I don't really like chemical things, really. Timothy Leary was a friend of mine, so that acid was nice and pure, but I'm not really looking for chemicals, and I don't like to feel speedy. But I've done Ayahuasca and I've done mushrooms and things like that. But I like those drugs in the outdoors — I'm not a city-tripper."



Susan Sarandon



Chris Martin

Gwyneth, Chris Martin still in love

Chris Martin is really terrible at this whole splitting up with your wife thing. The Coldplay frontman caved during a recent interview and talked about his separation from Gwyneth Paltrow, and he couldn't stop himself from being really nice. "The thing we told everyone at the beginning of the year is true. We are very close. We are not together. But we're, you know, that's the truth and that's it. You know, there's a lot of love. No scandal, I'm afraid. I wish I could give you scandal." Me, too, Chris.



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GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Folks always think they're going to have plenty of time to save ... later. There are so many other demands, from student loans still dogging our steps to mortgages recently acquired. It's easy to push savings to the back burner. But when you ask 40- and 50-year-olds what they would have done differently with their money, they say, "I would have started saving earlier."

We love to pay lip service to how important it is to save. And we all know that getting our debt paid off should be a priority. So why do we delay taking steps to making savings and debt repayment happen? Perhaps it's because we haven't made the things we say are important into things urgent enough to do something about.

If you start saving in your early 20s, you need only put away about six per cent of your take-home pay to end up with enough to maintain the lifestyle you enjoyed before you retired. Wait until you're in your 30s to start and you must stash 10 per cent. Procrastinate until you're in your 40s and you'll have to sock away 18 per cent of your after-tax income to have what you'll need.

So would you rather save six per cent of your cash



Tucking away those dollars now will pay off big-time down the road. ISTOCK

flow over your working life or have to come up with 18 per cent just as your kids are heading into university?

Saving doesn't mean ignoring your debt. If you're carrying a balance on your credit card or line of credit, getting it paid off must be a priority. But, as long as you are "not saving," you will find it too easy to continue not saving. Creating an automatic savings program with as little as \$25 a month will put momentum on your side. It also puts time on your side so you won't have to take as much out of your cash flow to have what you need later.

If you let spending get in the way of savings and debt repayment, you'll get to the end wondering where all the money went. Paying down your debt or ramping up your

savings may not be as sexy as a sunny vacation, but the benefits will last longer. And it doesn't take a lot to make a big difference. Add an extra \$100 to your monthly payment on your \$250,000 30-year mortgage at 4.5 per cent and you'll knock almost \$33,000 off your interest costs over the life of your mortgage. You'll also get to mortgage-free four years faster.

People come up with all kinds of excuses for delaying their debt repayment or not setting aside any money for the future. Usually it's because we just don't want to stop doing what we're doing. From the small expenses like that smartphone's data plan, to buying \$5 cups of coffee or dropping the odd \$40 on takeout, we find it far easier to keep doing what we've al-

ways done. In the moment, consumption feels more urgent than the need to save or pay down debt.

Your spending habits are all distractions from savings and debt repayment.

Eliminate a bad habit or three, forgo an indulgence, eliminate a bill or cut an essential cost back and you'll have some money to throw at your debt. Round up, accelerate, prepay and you'll be able to say, "I'm mortgage free" that much sooner.

Choosing to prioritize mortgage repayment or paying off that line of credit over consumption of something new, sparkly or luscious can feel like settling for salad when you're in a gourmet restaurant. But being disciplined enough to put your financial security above your need to

Get serious!

If you're serious about savings and debt repayment, here's what you'll do:

1. Set a goal. Decide how much you want to have saved and by when. Or create a debt repayment plan with an end-date for your debt. Write it down and post it on your fridge, on your office wall and on your bathroom mirror.
2. Go over your spending and decide what you're going to stop spending money on so you have the money to save or pay down the debt.
3. Do it.
4. Track your success and reward yourself for each milestone you hit.

scratch your consumption itch is what being responsible is all about.

The last thing you want to do is head into retirement still owing money. Mortgage pay-down and saving for the future won't be sexy unless we make them sexy.

Calculate what you're saving in both interest and time by getting to mortgage-free faster and post it where you can remind yourself of your goal. Track what you're accumulating in savings as you go and you'll have the satisfaction of knowing you're ready to retire because you can see the results of your hard work.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Turn it off. Kids learn and play better without TV on

Researchers at the University of Iowa say children's social and emotional development is enhanced in the absence of a television playing in the background while they're doing something else, like playing a game or interacting with friends and family. They also found that educational television increased executive function. As for background TV, they found that it can divert a child's attention from play and learning. The study was published in the *Journal of Developmental and Behavioral Pediatrics*. AFP



Kids not watching? Turn TV off. ISTOCK

Weight survey

Heavy kids who see weight as normal a concern

Nearly a third of children in a U.S. Centers for Disease Control and Prevention survey didn't have an accurate idea of their own weight — most of them heavy or obese children who viewed themselves as normal. Experts say the findings are a reason for concern because obese children who settle into an unhealthy physique face diabetes and other health problems later in life. THE ASSOCIATED PRESS

Sexual desire. Do you need a 'responsive' partner?

It's widely considered the spark that ignites romance, but a team of researchers wanted to know exactly what heterosexual singles mean by saying they're seeking a partner who is responsive to their needs because, as results indicate, inconsistencies in expectations can shake things up.

Although men are more likely to become sexually attracted to a responsive woman, the question of responsiveness was less important to female participants during early dating.

"Sexual desire thrives on rising intimacy and being responsive is one of the best ways to instill this elusive sensation over time," says lead researcher Gurit Birnbaum of the team hailing from the Interdisciplinary Center (IDC) Herzliya, the University of Rochester and the University of Illinois at Urbana-Champaign.

"Our findings show that this does not necessarily hold true in an initial encounter, because a responsive potential partner may convey opposite meanings to different people." AFP

Sun-dried tomatoes reinvent burgers

Miniature Sun-dried Tomato Burgers with Goat Cheese.

This dish proves that good things come in small packages



ROSE REISMAN

For more, visit rosereisman.com or follow her on twitter @rosereisman

There are endless possibilities for adding zest to your summer grilling when you make your own burgers. Sun-dried tomatoes, for example, give burgers a unique flavour.

I like to buy sun-dried tomatoes in bulk and keep them in the freezer. To rehydrate them, I either soak them in hot water for 15 minutes or cover them with water and microwave on high for one minute.

For a less carb-laden burger, skip the bun. Just make smaller burgers and garnish them with a dollop of goat cheese and chopped sun-dried tomatoes.

FLASH FOOD



From your fridge to your table in 30 minutes or less

Nutritional information

Per serving: 280 calories, 8 carbohydrates, 1.3 g fibre, 28 g protein, 15 g total fat, 6 g saturated fat, 140 mg cholesterol, 450 mg sodium.

Feel free to substitute goat cheese for another cheese. Meat-wise, choose chicken, pork or turkey for the ground beef.

If you're using red meat, the key to keeping it healthy is to use lean ground beef.

Four ounces of lean ground beef has only 190 calories, seven grams of fat and three grams of saturated fat. Compare that to regular ground beef, which has over 300 calories, 20 grams of fat and eight grams of saturated fat for the same portion!

Ingredients

Burgers

- 1 lb extra lean ground beef
- 1/4 cup dry seasoned bread crumbs
- 1/4 cup chopped rehydrated sun-dried tomatoes
- 3 tbsp barbecue sauce or ketchup
- 1 egg
- 2 tsp minced garlic
- 1 tsp dried basil
- 1/2 tsp dried oregano

Sauce

- 3 tbsp barbecue sauce
- 2 tsp light mayonnaise

Garnish

- 3 tbsp crumbled goat cheese
- 1/4 cup finely diced sun-dried tomatoes
- 8 slices tomato

Directions

1. To make burgers: In bowl, combine all burger ingredients. Form into 8 smaller patties. On a grill sprayed with cooking spray, cook patties on one side over medium heat for 5 minutes. Turn and cook 3 to 5 minutes longer



This recipe serves four. ROSE REISMAN

or until cooked through. (Alternatively, bake in preheated 450 F oven for 10 minutes or until cooked through, turning once.)

2. To make sauce: In a small bowl, mix sauce ingredients.

3. Place a slice of tomato on large serving plate. Place one

burger on tomato and garnish with sauce and top with goat cheese and sun-dried tomatoes. Repeat with the remaining burgers.

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Analysis

What's right for you or what's right in front of you?

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

When facing adversity with fear omnipresent, most of us will invariably choose the option of least resistance. We'll choose whatever's in front of our eyes without questioning what's right for us.

After running the Gobi and the Atacama, I signed

up for the Sahara Race along with eight other local executives to raise money for a charity. None had ever run an ultra-marathon before, let alone a multi-day one. Consequently, I was the de-facto "coach." My brief to the group was daunting but simple: Build up to running long distances, but cross-train and stretch in equal measure.

Not unlike my own struggles when I prepared for my first race, they, too, fell into the trap. So worried about having a strong enough running base to complete the Sahara, they focused on doing just that: running. A lot! Despite knowing it would be best to vary the training and do what was best for their bodies, they kept on running, each time adding the strain of running's repetitive motion which ultimately led to fatigue and injuries.

Most of us just can't help ourselves. When under stress, if the little voice inside us is screaming to stop and think, it may just be time to listen. If not, we perpetuate doing what's right in front of us as opposed to what's right for us.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.



Remember that the right option for you might not be the most obvious.

ISTOCK

My job brings me joy and I'm not afraid to say it!

Canadians content with careers. Most employees don't care about titles and promotions as much as bonuses and salary, Capital One survey finds

Most Canadian workers really like their jobs, and they're proud to say so.

According to a new Capital One survey, Canadians are very satisfied employees indeed — so much so that 69 per cent say they are not only proud to work for their current employer but enjoy telling people what they do for a living and would like to stick around for few years.

Recruiters take note, though: nearly three-quarters (72 per cent) of workers say that given the choice, they would stay with their current employer for at least two or three more years, reveals the report released Thursday.

The results refute the belief that Millennials, those aged 18 to 34, lack commitment and prefer frequent job-hopping, with two-thirds of younger Canadians saying they would be more than happy to stay put for the next three years, noted Jenny Winter, who heads human resources at Capital One.

"It's interesting and validating," said Winter, whose firm employs a substantial number of young workers.

"With the job market looking increasingly unstable and the high Baby Boomer population struggling with job security, Millennials are clearly looking for stability and have a strong desire to stay in their



Employees of today value a workplace that makes them feel involved and important. ISTOCK

Here to stay

"Millennials are clearly looking for stability and have a strong desire to stay in their jobs."

Jenny Winter
Head of human resources at Capital One

jobs," said Winter.

After being named one of the 50 best large workplaces in Canada this year by the Great Place to Work Institute, Capital One wanted to get a better sense of what Canadians value in an employer in order to attract and maintain top talent in the competitive financial services sector, Winter explained.

The survey of 1,500 people across the country found that

titles are overrated. Only one in 10 people surveyed put a promotion at the top of their wish list, while regular bonuses and annual pay increases were number one with 37 per cent of respondents.

While compensation is a top priority for employees, the study found that more than half of Canadians (51 per cent) believe work/life balance is more important than money. Forty-four per cent cited flexible working hours and the ability to work remotely as one of the top three things employers can do to increase job satisfaction.

Personal and professional development were also revealed as motivators, with 41 per cent saying they prefer opportunities to take courses and

Ditching the desk

- The top three things employers do to make workers consider quitting their job include bad workplace morale at 18 per cent, constantly increasing workload without financial reward at 17 per cent and not feeling appreciated at 13 per cent.

attend conferences related to their professional development to increase job satisfaction.

Twenty-four per cent also said that mentoring from senior staff is most likely to keep them content at work.

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Climbing the corporate ladder with a little help

Get ahead without bumping heads.

Author, economist and entrepreneur Sylvia Ann Hewlett gives tips on getting to the top

LAKSHMI
GANDHI
Metro World News

There are certain pieces of advice that almost every young entry-level worker gets used to hearing: Look professional at all times, speak confidently, be authoritative.

What's less clear is how a young worker can actually develop these skills.

In Sylvia Ann Hewlett's new book, *Executive Presence: The Missing Link Between Merit and Success*, the economist and founder of the Center for Talent Innovation guides readers through how they can appear more confident and successful in the workplace.

"If you are the most junior person on the team, you have to prove that you have the right to be there," Hewlett says.

Read on for some pointers from Hewlett for workers who are looking to learn how they can get ahead.

Communication is key

Regardless of what field you are in, the ability to present your thoughts clearly is essential. "It's learning how to be concise," she says. "Make sure that you are contributing something that is fresh and new."



Find people in the office who are already on their way up the ladder, and take notes on their behaviour. ISTOCK

Watch your tone

Your voice can give away a lack of experience or indicate anxiety. "The clarity and pitch of your voice is important," she says. Hewlett recommends practising keeping your voice level and cutting down on "up talk," which is when speakers raise their voices at the end of a sentence.

Practise, practise, practise

The key to learning how to speak confidently is repetition, says Hewlett. A good idea is to record yourself speaking as you would at a team meeting. "You can get a friend and practise together," Hewlett says. "Practise how you can boil down your thoughts in a concise way."

Don't look at your notes

One of the keys to appearing knowledgeable is to be able to speak without relying on things like PowerPoint and notes. "I'm not saying never use notes," says Hewlett. "But use [PowerPoint] sparingly. Be prepared to make your points without reading them. Tell stories. Make eye contact."

Be present

Leave your smartphone behind when attending meetings to avoid the temptation of looking at it. "Team leaders hate it when people show up and seem distracted," she says. "To appear focused and to appear available is half the battle."

Play without the grey

Schoolyards that integrate nature can relieve stress, says study

After many hours observing children at play in different settings, researchers at the University of Colorado at Boulder say natural terrain playgrounds, those that incorporate trees and grass, even if they include some man-made structures, are effective against stress.

Published in the journal *Health & Place*, the study is the first to focus on the effectiveness of student access to natural settings, including playgrounds that include dirt, scrub oak and water features among others.

"Many schools already offer stress management programs, but they're about teaching individuals how to deal with stress instead of creating stress-reducing environments," says Louise Chawla, CU-Boulder professor of environmental design and lead author of the study. **AFP**

The key to ABC

Is persistence always the way to learn a new language?

Research conducted by neuroscientists at the Massachusetts Institute of Technology (MIT) suggests that persistence might not be the answer to learning a new language, depending on what exactly you're hoping to learn.

Inspired by the well-known ease of language learning for children, researchers concluded that adults' more highly developed cognitive skills actually hinder their efforts to pick up a new language and that therefore, concentrated effort might not always be the answer.

"We found that effort helps you in most situations, for things like figuring out what the units of language that you need to know are, and basic ordering of elements," says study author Amy Finn, a postdoc at MIT's McGovern Institute for Brain Research. **AFP**

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Furyk can't shake off Clark

Canadian Open.

South African golfer's final-round surge earns him his second PGA Tour win, cool \$1M

When Jim Furyk's charge to a third RBC Canadian Open title stalled in the final round, Tim Clark decided to go for it.

The 38-year-old South African, whose wife is Canadian, fired five birdies on the back nine to overtake Furyk on the 15th hole and hold on to win the tournament at Royal Montreal on Sunday.

Clark shot a 5-under-par 65 to finish at 17-under-par 263 and claim his second career PGA Tour victory and the US \$1.026-million winner's prize.

"It looked like Jim wasn't going to make any mistakes," said Clark, who had moved into contention with a 64 on Saturday. "He was pretty solid, so I knew I had to make birdies.

AUGMENTED REALITY

→ Scan the image with the Metro News app for a gallery of Sunday's final round of the Canadian Open.



→ See the full instructions on Metro's Voices page.

"At that point, there was nothing to lose. Suddenly I got hot and I went with it."

It was another frustrating defeat for Furyk, who has now lost seven tournaments in a row in which he led after 54 holes.

He went into the final round with a three-stroke cushion but never found traction. He shot 69 to come second at 16-under 264.

Graham DeLaet was the top Canadian, finishing at 10-under 270. **THE CANADIAN PRESS**



Tim Clark, right, is congratulated by Jim Furyk for winning the Canadian Open golf championship on Sunday in Montreal. **PAUL CHIASSON/THE CANADIAN PRESS**

MLB. Blue Jays break Bronx curse to pull ahead of Yankees in standings

Dioner Navarro hit a go-ahead single with two outs in the ninth inning, and the Toronto Blue Jays rallied after wasting three leads to beat the New York Yankees 5-4 Sunday for their first series win in the Bronx in nearly two years.

After snapping a 17-game skid at Yankee Stadium on Saturday, Toronto did not relent in the humidity. Jose Bautista reached on a fielder's choice against David Robertson (1-3) in the ninth, stole second without a throw and

Next stop: Fenway Park

Next for the Blue Jays is a trip to Boston to face the Red Sox. R.A. Dickey (8-10) will start Monday.

scored on Navarro's liner to centre field.

With the win, the Blue Jays left town with a one-game lead over the Yankees for the second AL wild card.

THE ASSOCIATED PRESS

Commonwealth Games

Canada earns pair of bronze medals

Canada picked up a bronze in the pool and another on the cycling track on Sunday at the Commonwealth Games.

Victoria's Hilary Caldwell finished third in the women's 200-metre backstroke, while Quebec City's Remi Pelletier-Roy did the same in the men's 20-kilometre scratch race.

That brings Canada's overall medal haul at the Games to 18 — seven gold, three silver and eight bronze.

THE CANADIAN PRESS

Cycling. 'Flag-bearer of anti-doping' crowned Tour de France champion

Vincenzo Nibali won the Tour de France on Sunday, becoming the first Italian in 16 years to triumph in cycling's greatest race by chiselling a lead over his main rivals a few seconds at a time and dominating them in the mountains.

The 29-year-old Sicilian, who during the race called himself "a flag-bearer of anti-doping", finished in a bunch behind Marcel Kittel, who won the 21st stage in a sprint finish. **THE ASSOCIATED PRESS**



Vincenzo Nibali won the Tour de France on Sunday. **PETER DEJONG/THE ASSOCIATED PRESS**

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

Yes, your life is in a bit of a rut but you're not the sort to sit there and cry about it. Over the next few days you will get the chance to make some major changes, so start thinking now.

Taurus

April 21 - May 21

Today's cosmic activity means you will need to spell everything out in simple language. If you leave even the smallest room for doubt then lines will get crossed.

Gemini

May 22 - June 21

There is no point trying to make sense of what's going on. The more you try to analyze the situation the more complicated it will look, so leave well alone.

Cancer

June 22 - July 23

If you don't make an effort to slow down, you could end up crashing into an obstacle that has no give at all. Even a Cancerian needs to accept that they are not immune to failure.

Leo

July 24 - Aug. 23

Treat people fairly this week, even if they don't deserve it. Just because they have broken the rules does not mean you must do likewise.

Virgo

Aug. 24 - Sept. 23

What you are being offered may seem generous but is it really that good? The planets indicate that you should actually hold out for more.

Libra

Sept. 24 - Oct. 23

If what you are working on refuses to conform to your expectations maybe you should draw a line under it and go back to basics. Also, accept that it doesn't help in any way to set such difficult targets.

Scorpio

Oct. 24 - Nov. 22

Stop worrying what others might think about you. You are who you are for a good cosmic reason. No one has a right to suggest you be something else.

Sagittarius

Nov. 23 - Dec. 21

Don't just go by what others tell you. Get out into the world and experience it for yourself. You may discover that a lot of what you were told was nonsense.

Capricorn

Dec. 22 - Jan. 20

What you hear today may not thrill you, but neither is as bad as some people are trying to make out, so don't overreact. A negative thought can easily become self-fulfilling prophecy.

Aquarius

Jan. 21 - Feb. 19

Yes, you are still heading in the right direction. No, your life does not need a major rethink. Focus on putting one foot in front of the other this week and you'll move closer to your goal.

Pisces

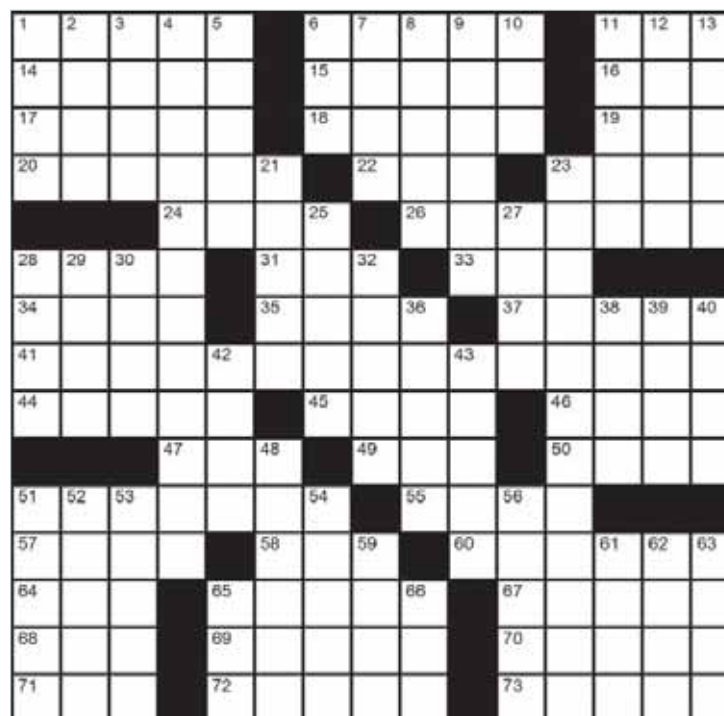
Feb. 20 - March 20

Career issues seem to be taking up a lot of your energy but you know from past experience it will all come right in the end.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Capt. Kirk colleague
6. 'Ds' of CDs, variantly
11. Il
14. React to trying icky-tasting food: 2 wds.
15. Fancy neckwear
16. Dadaist Jean
17. New Orleans-set HBO series
18. "___ Harry" (1971)
19. Blind Melon costume
20. Felt
22. Litigate
23. Rime
24. Keats tributes
26. ___ Bubble Gum
28. Someone from Helsinki's country
31. Central
33. Mr. Neill
34. From the start again
35. Margarine
37. Jared ___ (Ben Chertier's portrayer on Bravo police drama "19-2")
41. QOR: Reserve regiment of Canada, founded 1860 (See #65-Across for more): 3 wds.
44. Flare
45. ___ date
46. Treadmills music video band: 2 wds.
47. Authorize
49. Tibetan ox
50. Actor Stephen's
51. Sparkly stuff



55. "Shoop" by Salt-n-___
57. One-of-some for mascara
58. Picture-taker, briefly
60. Green ___ (Dragonfly found in Canada)
64. Rosemary
65. Clooney's "Come ___"

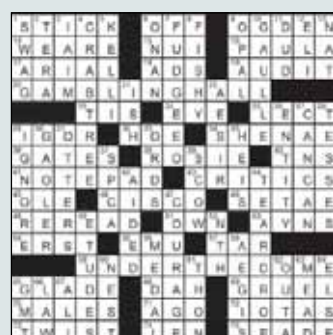
- My House"
65. Colonel-in-___ (What Prince Charles' wife Camilla is for #41-Across)
67. Writer Charles' bookish surname
68. Lamb's laugh
69. Cringe
70. Debated dispute

71. As written
72. Like net-work
73. Pile
- Down**
1. Drill instructors [abbr.]
2. Canadian actress Jessica
3. Moulding style
4. Glasgow, Scotland:

- Team Canada is currently partaking in The ___ Games
5. Weak-___
6. Sitcom, "Major ___"
7. Egyptian Myth: Daughter of Geb
8. Tidy thoroughly
9. Elias ___, Montreal-born actor

10. Swine spot
11. Verboten
12. ___ havoc
13. Marx Brothers movie, "A Night at the ___" (1935)
21. Band's audition tapes
23. Spirit of the West song that begins "You'll have to excuse me...": 4 wds.
25. Fodder holders
27. "Draw the Line" Canadian songstress Ms. Ibrahim
28. Helpful website sections, commonly
29. ___ to one's ears
30. Portraiture, Alice ___
32. Disney duck
36. Available for pouring: 2 wds.
38. Ms. Sommer
39. Sonic the Hedgehog company
40. Bears: Spanish
42. Nikita's negative
43. Did some gardening
48. Electronics whiz
51. Dollops
52. Hawaiian island
53. Hanson member
54. Pours
56. Joni Mitchell's "Free Man in ___"
59. ___ Engr.
61. Moon-landing org.
62. Schooling [abbr.]
63. Stench
65. Valley, in Wales
66. Comic actress Tina

Friday's Crossword



Online

See today's answers at metronews.ca/answers

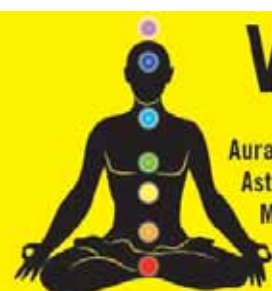


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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